

Top Tips for Top Kids



Eat well, move more, live better



In support of
**change
4 life**
Eat well Move more Live longer



Introduction



Fun, free and easy ways to keep your kids happy and healthy.

We all want our children to grow up to be happy, healthy adults. But it can sometimes be hard to know how to achieve this. That's where this handy little guide comes in.

Inside, you'll find 8 easy tips to help you keep your kids eating well and moving more, a brilliant collection of apps to download, plus ideas for exploring Kent.

Whatever their weight, it's important that children eat properly and get lots of exercise. If they're carrying too much fat, they're at a greater risk of heart disease, some cancers and type-2 diabetes in later life. If they're underweight it's just as important for them to eat healthy food and be active.

If you ever have any concerns about your kids' health or weight – contact your school nurse, health visitor or GP.

For more information visit:

kent.gov.uk/change4life



Top tip 1

Sugar swaps

Swapping sugary snacks and drinks for ones that are lower in sugar can make a huge difference to kids' calorie intake. Not only that, but it's better for their teeth too. Here are a few ideas on what to swap:

- Sugary drinks have no place in a child's daily diet. Swap to water, lower fat milks, sugar free, diet and no added sugar drinks instead.
- Switch to snacks like fresh fruit, plain rice cakes, plain nuts or toast with low-fat spread instead of sweets or biscuits.
- Swap sugary breakfast cereal to plain cereal such as plain porridge, plain, whole-wheat biscuits or plain shredded whole grain.



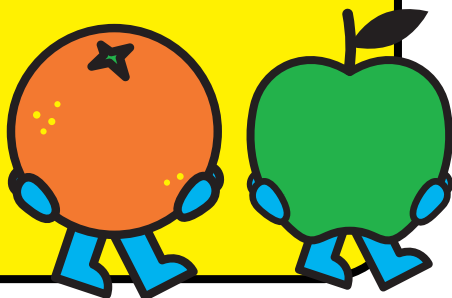
Top tip 2

Meal time

It's important for kids to have regular, proper meals as growing bodies respond better to routine.

- Try to organise the day around three regular meal times – it's easier to keep kids from pestering for snacks if they know when their next meal is coming!
- Eat together whenever you can. Kids copy parents, brothers, sisters and friends – so when they see other people happily eating lots of different, healthy foods, they'll follow suit.
- They call breakfast the most important meal of the day and it's certainly a great way to give kids the energy they need to give it a kick start, so don't let them skip breakfast. Try lower sugar cereals or toast, and if you add chopped fruit then that counts toward their 5 a day too!

Use the Change4Life Smart Recipes app for recipe ideas. Download free from the Apple App Store or Google Play.



Top tip 3

Me size meals

Even though they're growing, it's important to make sure kids get just the right amount for their age – not too little and not too much. So here are a few tips to make sure they're getting the right sized portions.

- Remember that kids are smaller than adults. It sounds obvious, but an adult tummy is much bigger than a kid's tummy – so try and give them a portion that matches their size and not the same amount of food as you.
- Give a smaller portion to begin with, then let them ask for more if they're still hungry. And try not to nag them to 'eat it all up' if they're full.
- Watch packaging sizes. Lots of foods and drinks, like cans of pop, are designed for adults or for sharing.



Top tip

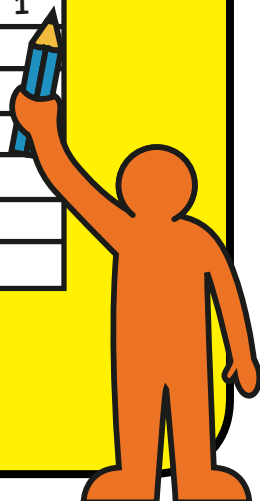


Snack check

Many snacks are full of the things that are bad for us – sugar, salt, saturated fat and too many calories. So try and keep a careful eye on how many the kids are having. These tips might help keep the snack attacks at bay.

- Keep count. Many people are surprised when they actually count up how many sweets, crisps and biscuits they get through. Keep count and you're more likely to cut down – which is good for your kids and for your purse too.
- Don't forget that it is sometimes kinder to say no. We all love to give our kids what they want, but try to find different ways to reward them – stickers, or a trip to the park.

Snack check	
Apple	1



Top tip 5

5 a day

It's easier than you think to give your kids five portions of fruit and vegetables a day. For kids, one portion is roughly a handful. Here are a couple of ideas on getting some good things into them:

- Fresh, frozen, dried, juiced and canned fruit and vegetables all count. And it only takes a couple of minutes to boil some frozen peas or open a can of sweetcorn.
- One glass of 150ml unsweetened fruit juice counts as one of the five but limit the amount to no more than 150ml a day and keep it to meal times as it may cause tooth decay.
- A piece of fruit or some vegetables can help cheer up a lunchbox. Try carrot sticks, baby tomatoes or a banana with a face drawn on the skin.



Top tip 6

Cut back fat

We all know too much fat is bad for us. But it's not always easy to tell what's in our food. Here are a few fat-busting tips:

- Cut down on snack foods as they're often jam-packed with fat. Try and keep foods like crisps, buns, cakes, pastries and biscuits as occasional treats only.
- Grilling or baking food in the oven rather than frying it on the cooker can reduce the fat content by as much as two-thirds.
- Literally cut the fat. Trim off any fat you can see from meat before you cook it, and skin chicken and turkey first. Draining off the fat after cooking will also help.



Top tip 7



10-minute bursts of activity

Kids aged 5-18 years need to do at least 60 minutes of activity a day to help them stay happy and healthy. But it doesn't have to be sport – running around and having fun outside count too.

- Get them off the bus and out of the car – if it's walkable, walk it.
- Clock up 60 minutes' worth of active play each day after school and at weekends – this includes running around, going to playgrounds and kids' outdoor games. And it's all free!
- Get them splashing about. Whether it's lengths of the pool, or just playing about in the shallow end, a trip to the pool is a great way to get them moving and wear them out.
- Check out our great 10 Minute Shake Ups! by searching [Change4Life](#). Any burst of 10-minute activity counts and goes towards the 60 minutes of physical activity kids need a day.

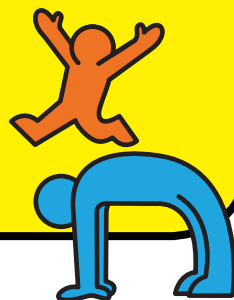
See page 10 for fun games and activities.

Top tip 8

Get going everyday

The way life is today means that most of us spend too long sitting down. Not being active means our bodies don't burn off enough energy which leads to it storing up as fat inside.

- '2 hours max' – You may find it helpful to set a limit to how long your children can sit still in front of the TV, computer or video game. Some families have found saying '2 hours max' of screen time each day helps them to make sure kids jump up and play, or go outside after they've been sitting still for a while.
- Get them running around after school. We tend to think that they get loads of exercise at school, but they still need to be active out of school hours too.
- Get them up and about after eating, instead of plonking down on the sofa. Moving around helps digestion and can be fun.



Download Change4Life apps

These brilliant apps offer fun and exciting ways for your family to make healthy changes.

Be Food Smart

Use this brand new app to scan the barcode of your food and drink to find out what's inside. Discover hints and tips, kids' activities and mini-missions for the whole family too!

Fun Generator

We've got over 100 fun activities to keep your kids up and about during the holidays – and it's easy to find the perfect one with our mobile fun generator!

Smart Recipes

The Change4Life Smart Recipes app contains over 100 healthy recipes, as well as suggestions for a day's meals, and a shopping list function so you can keep track of everything you need.

Smart Restart

Make a fresh start and get your kids into a healthier routine for the new term – this app provides support, encouragement and good ideas to keep you on track.

Download free from the Apple App Store or Google Play.



How to move more

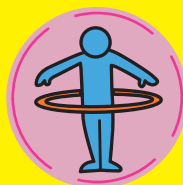
**Active families are happy families.
Get everyone moving with these fun
games and activities.**

Many of us aren't too keen on the idea of exercise. Maybe we're too busy or maybe we can't get motivated, but sitting down for hours at work, school or at home can increase the risk of poor health. That's exactly where our physical challenges come in!



Catch

How many times can you catch the ball before dropping it? Do it on your own or with a friend.



Hula, hula

Grab a hula hoop. How many circles can you do? Can you beat a friend?



Hot potato

Grab a ball and some friends. Pretend the ball is on fire, pass it quickly.



Obstacle course

Create your own, inside or out. Chair slalom? Jumping over T-shirts?



Piggy in the middle

It's a game of catch with a 'piggy in the middle' trying to get the ball.



Tag

If the person who's 'it' tags you, you become 'it'.



Stuck in the mud

When you get caught stand with your legs open until someone crawls through to set you free.



Keepy-uppy challenge

Grab a ball, bounce it on your knees, head and feet. How many can you do?



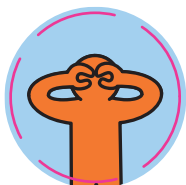
Jump rope

Who'll be the first to do 100 skips in a row? Easy? Try it backwards!



New dance

Learn a new dance and perform it for your friends and family.



40:40 in

One seeker counts to 40 while the hiders hide. The hiders must get back to base and shout '40:40' first before being found.



Heads or catch

Head the ball when a friend shouts 'head' and catch when they shout 'catch'.

Explore Kent

Go outside and discover the great outdoors!

From white cliffs and sandy beaches to ancient woodlands, medieval castles and the beautiful Kent Downs, our county is full of great places to visit and brilliant things to do. Why not make the most of it? For information on fantastic ideas for days outdoors, visit: explorekent.org

For lots of information and advice on how you can get active in Kent, visit: kentsport.org/get-active



change 4 life

Eat well Move more Live longer

Many kids today have too much fat in their bodies, so Change4Life is really important to their future. As Change4Life continues to grow, there will be plenty of interesting things to get involved in all over the country. These will include local events and activities, information packs and recipe ideas for yummy food amongst many other things.

If you're interested in receiving more information on helping your kids stay fit and healthy, why not join Change4Life today?

For more information on Change4Life in Kent visit: kent.gov.uk/change4life



You can view more information at:
kent.gov.uk/change4life

Kent County Council is supporting Change4Life in Kent

